

# THE PARKSIDE PARENT CONNECTION

October/November  
2010

Principal Andrea Somoza-Norton  
Assistant Principal Kim Organek  
Assistant Principal Ken Roy



## Principal's News

October was a busy month! We completed the NECAP assessments and expecting that all of the practice and preparation will pay off and increase our students' achievement. We had so much fun during the 7th and 8th Grade Fall Dance and the TIGER performance group presentation for 6th grade students was wonderful. "TIGER performance incorporates live actors, puppets, theatre, movement, and music to engage school audiences from K-8. By using children's own words, TIGER enables children to hear their own voices as they step back from the experiences of bullying and the intolerance of individual differences to move into more positive social interactions at school and in their community." (TIGER/Plymouth State University) Please ask your child what they have learned during this educational event.

In addition, King Arthur's Flour, the oldest flour company in America, visited the Foods and Consumer Science class. A King Arthur Flour instructor and two student assistants presented a 50-minute demonstration on the bread baking process to the 6th grade students. After the presentation, students took home cooking materials and baked two loafs of bread. Students kept one loaf to enjoy, and donated the other to the New Horizon Soup Kitchen.

More events are coming up, such as, the visit of American Honey Princess, Parkside Pride, SnowBall Dance to name a few. Go to our website and look at the monthly calendar on the right side of the screen for more information.

Thank you to all who participated and helped to make these events possible.

Sincerely,

Mrs. Norton

## Mark your calendar

- ◆ Thanksgiving  
Break 11/25-28

## Assistant Principals' News

### Safety Drills at Parkside

Our students' safety is a priority here at Parkside. We conduct safety drills on a monthly basis to prepare our students for a variety of emergencies. The Manchester Fire Department works with us to conduct fire drills. Our Emergency Management Team, which consists of administration, faculty, and the School Resource Officer, organize "hold", "lock down", and "reverse evacuation" drills in order to practice how to respond to emergencies within the school. In addition, we have sent home information on helping keep your student safe when traveling to and from school every day; walking with a buddy, being aware of strangers and suspicious activity, etc. Please stress to your child the importance of taking these safety precautions and practices seriously.

## Assistant Principals' News (Continued)

### Dress Code



Just a friendly reminder to parents concerning proper dress at school. Please remind your children that the following items are not allowed as school dress according to our School District Dress Code. The code also states "It is the responsibility of the student and parent that the student comply the guidelines of this dress code".

General items of concern are:

Jeans which are shredded or holes in them

Pajamas of any kind

If your child wears these items to school they will have the following options before returning to class:

Cover the inappropriate attire with appropriate attire

Call home to secure appropriate attire

The entire policy is available on the Parkside School website.

Thank you for your cooperation,

Mrs. Organek

Mr. Roy

## STUDENT ASSISTANT PROGRAMING

### What is SAP?

Student Assistance Programming is a national model for providing confidential support group services to students within a school setting. Historically, the model focused on supporting students at-risk for substance use. The model has since evolved to include a variety of topics. Providing comprehensive support reduces the stigma attached to the program and allows students the opportunity to participate without being labeled. Currently the District now has three full time counselors at each of the high schools and two counselors that split time between the four middle schools. Here at Parkside, Kayla Page coordinates the program and is available for students on Tuesdays, Thursdays and Friday mornings.

Getting involved is easy! Parents, caretakers and faculty can refer a student at any time. In addition, students have the opportunity to sign up during classroom presentations at the beginning of every school year. Each student meets with Mrs. Page individually and if appropriate and willing, the student will be placed in a group. Groups typically run for 6-8 sessions and take place during the school day. The schedule rotates so that students don't miss the same class multiple times. Each student is responsible for any work they may have missed during a group session. Group topics include Grief/Loss, Relationship Issues, Communication Issues, Empowerment/Self-Esteem, Family Issues and Substance Abuse. Though the topic of each group may be different, every group shares a set of common goals:

1. reduce isolation which increases a student's sense of belonging
2. increase a student's repertoire of coping skills
3. provide education about a specific topic

The program exists to help students be more successful in school and at home!

If you have any questions about the program or want to refer a student, Mrs. Page can be reached by calling the main number at Parkside (624-6356) or by email: [kaylapage@mansd.org](mailto:kaylapage@mansd.org).



## NURSE CORNER

Colder weather is here with its ever-changing weather conditions. Students, now more than ever, should dress appropriately for the changing weather conditions. Parents should check as students leave for school to make sure that they have appropriate clothing as needed for the day's weather conditions. This should include hats, coats, gloves and or mittens to cover fingers and hands especially when temperatures are in the range of freezing. It only takes a few minutes with skin exposed in freezing temperatures to become frost bitten.

Breakfast is an important meal for students to eat. Most students have not eaten since the evening before and need the nutrition much more in the A.M. Students should be encouraged by their parents to eat or take something to eat with them in the morning as they leave for school. The cafeteria @ school does have a breakfast available for students who choose to eat at school. Breakfast in the cafeteria starts at approximately 7:15 A.M. each morning. The cost of breakfast is \$1.10 includes both cold and hot items.

Physical exams and immunizations are an important to keep up to date in the health record. All students entering Grade 6 and Grade 9 will need a physical within a year of attending school. Most primary care physicians will provide updated information for schools after they have had their yearly physicals. Parents are encouraged to make a copy of most recent physical exam and immunizations to keep health record up to date.

Parents are encouraged to contact the nurse for questions related to information needed for health records. Parents who need to have their children immunized they can contact the Manchester Health Dept at 624 -6466 and ask about clinic hours. Parents will need to accompany students to Manchester Health Dept for Immunizations but they are free to students. Parents should also have their children Immunized against the Influenza or "Flu" and the Influenza vaccine is free to school aged children @ the Manchester Health Dept.

For any questions or concerns please feel free to call and contact the health office here @ Parkside Health Office 624-6356 EXT 16 or send Email [Lkeefe@mansd.org](mailto:Lkeefe@mansd.org)

## GUIDANCE NEWS

**Mrs. Cornell 6<sup>th</sup> grade**

On October 29<sup>th</sup> the 6<sup>th</sup> graders attended a presentation by TIGER, a theater group from Plymouth State University. They saw "A Bully Isn't Your Friend - Yet"! Geared to raising awareness and seeking solutions to bullying behavior. Each class then attended a workshop allowing students to interact with the actors to explore solutions to bullying in their own environment.

On November 4<sup>th</sup> 6<sup>th</sup> graders attended the Mighty Miler, the student portion of Manchester's Marathon. Students walked the final mile around Fishercats stadium. Participants received a book bag and medal. On November 17<sup>th</sup> they attended the first Monarchs School Day. Students not only had the opportunity to watch a hockey game, but received a workbook that incorporates educational aspects of hockey, math skills to calculate player's scores, geography, nutrition, etc.

Continuing the bullying theme, Mrs. Cornell spent a day in each team viewing and discussing a video "Don't Pick on Me". Various bullying activities will continue throughout the year.

The Community of Caring Club meets every Thursday after school to participate in community service activities. We have made thank you cards for veterans for Veterans Day and are now starting our holiday project.

**Mr. Darby Greetings from 7<sup>th</sup> Grade Guidance!**

Congratulations to all my students on a fine job with the NECAP exams. We had a terrific attendance rate and all students tried their hardest on the test. All students who had perfect attendance during the NECAP were rewarded with an ice cream social last Wednesday.

Now that NECAP exams are over, I will be focusing on small groups. These groups allow me to get to know your child and help them through some of the common difficulties they may face during middle school. I will also be conferencing with any student who received a failing grade on his/her report card in the next few weeks.

As always, my door is always open. Please feel free to call or email me about your child.

**Mr. Liakos 8<sup>th</sup> grade**

Career Education is the main theme of the eighth grade guidance curriculum. Recently, students interested in becoming a nurse attended the Nurse Discovery Day field trip at CMC. By the first week of December, students will have completed a career interest inventory survey. This computer-based program allows students to maintain a portfolio and continue to explore their career interests. During the month of December, eighth graders will visit the Manchester School of Technology. Also, this year marks my twenty-fifth year of organizing a Career Day here at Parkside. Career day will take place on Wednesday, April 20, 2011. Approximately thirty-five guests will share their career field with students. Career Day has grown over the years to include all three grades.

High school registration will begin in January. Your child's classroom teachers take many factors into consideration when choosing the appropriate class levels for your child. One of the most important factors is your child's first and second quarter report card. Please discuss this with your child and continue to encourage them to try their very best in school.

Please do not hesitate to call your child's guidance counselor if you have any questions.

